

# TREATMENT OF THE LUMBAR COMPLEX

*Saturday, July 13 and Sunday, July 14*

## LOCATION

Mary Free Bed  
Professional Building  
Meijer Conference Center  
350 Lafayette Ave. SE, Grand Rapids, MI 49503



## INTENDED AUDIENCE

PT/PTA

## COURSE FACULTY

### James Herman, PT, MPT, MS, CIMT

Jim received his master's degrees in Kinesiology and Physical Therapy from the University of Nevada, Las Vegas in 1997 and 2000, respectively. As a graduate assistant at UNLV, he instructed anatomy and physiology lab sections as well as courses in fitness walking and aquatics. After graduation, Jim spent two years teaching spinal orthopedics and pathological conditions as an adjunct instructor in the Physical Therapy Assistant program at Henry Ford Community College. Clinically, Jim has worked primarily in outpatient orthopedics, including five years with Patrick Hoban at Probility Physical Therapy. Recently, Jim relocated to South Carolina and is supervisor of Blythewood Physical Therapy. He joined Great Lakes Seminars in 2003 to assist with instruction of the Lumbar Complex, Sacroiliac and Cervical Thoracic courses and has been a primary instructor for the past five years.



## COURSE CREATOR

Patrick Hoban, PT, MS, ATC, FF-CIMT

## COURSE DESCRIPTION

This class was designed to give the clinician a thorough and in-depth understanding of the lumbar spine complex. It is evidence based and incorporates muscle energy technique, articular mobilization, myofascial release and stabilization exercises to give you a multi-faceted approach with tools to treat this area with confidence. You should feel very comfortable with most lumbar patients once you leave this class.

As with all of our manual therapy courses, this seminar will follow a progression of principles and reinforce them throughout the 16 hours, is at least 75 percent hands-on lab and will give the clinician hands-on skills they can immediately use in the clinical setting.

## COURSE OBJECTIVES

At the completion of this seminar, the participant will be able to:

1. Correctly and independently perform 12 lumbar mobilization techniques.
2. Correctly and independently state three specific effects of Muscle Energy Techniques at the lumbar spine covered in the manual.
3. Correctly demonstrate six Muscle Energy Techniques at the lumbar spine.
4. Correctly and independently identify three specific effects of direct articulations at the lumbar spine covered in the manual.
5. Correctly and independently identify three specific effects of manipulations at the lumbar spine covered in the manual.
6. Correctly demonstrate ten manipulations at the lumbar spine covered in the manual.
7. Correctly demonstrate palpation of each lumbar segment and eight associate muscles.
8. Correctly demonstrate use of five testing techniques of the lumbar complex covered in the manual.
9. Correctly demonstrate soft tissue mobilization and myofascial release techniques of the lumbar complex.

## COURSE SCHEDULE

### Saturday

7:30-8 a.m.	Continental Breakfast (provided)
8-9 a.m.	Introduction
9-9:30 a.m.	Lecture: Principles of Treatment
9:30-10:15 a.m.	Lecture: Types of Dysfunctions
10:15-11 a.m.	Lecture: Review of Anatomy
11 a.m.-noon	Lab: Assessment Techniques: Lumbar Dysfunctions and Soft Tissue
Noon-1 p.m.	Lunch (provided)
1-2 p.m.	Lab: Palpation of Muscles
2-3:45 p.m.	Lab: Lumbar Spine Assessment
3:45-4:30 p.m.	Lab: Treatment of Lumbar Spine: Leg Pull
4:30-5 p.m.	Lab: Treatment of Lumbar Spine: Flexion Dysfunctions
5-5:30 p.m.	Review of Evidence-Based Literature for today's topics
5:30 p.m.	Adjourn

### Sunday

7:30-8 a.m.	Continental Breakfast (provided)
8-8:30 a.m.	Review
8:30-9:30 a.m.	Lab: Treatment of Lumbar Spine Flexion Dysfunctions
9:30-10:45 a.m.	Lab: Treatment of Lumbar Spine Extension Dysfunctions
10:45-11:15 a.m.	Lab: Treatment of Lumbar Spine Type 1 Dysfunctions
11:15 a.m.-Noon	Lab: Supine and Sidelying Clearing Mobilization
Noon-1 p.m.	Lunch (provided)
1-1:30 p.m.	Lab: Review of Myofascial Release and Soft Tissue Mobilization
1:30-2:15 p.m.	Lab: MFR and STM of Erector Spinae, Multifidus
2:15-3:45 p.m.	MFR and STM of Quadratus, Lumborum, Piriformis, Psoas, Iliacus
3:45-4:30 p.m.	Lab: Speed Mobilization and Clinical Application
4:30-5 p.m.	Review of Evidence-Based Literature for Today's Topics
5 p.m.	Adjourn

## CONTINUING EDUCATION CREDITS

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

## CANCELLATION POLICY

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given after the two-week (14 calendar days) mark before a seminar. Great Lakes Seminar reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation Great Lakes Seminar will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the course cost. If you have questions regarding this policy please call 800.210.5856 or email [info@glseminars.com](mailto:info@glseminars.com).

## REGISTRATION INFORMATION

### Course Fee \$575

Register online at [www.glseminars.com](http://www.glseminars.com) or complete the below form and fax to Great Lakes Seminars at 800.889.0358 or mail your registration and payment to: 2768 Centennial Road, Toledo, OH 43617.

Name \_\_\_\_\_

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**Questions:** Contact Great Lakes Seminars

2768 Centennial Road, Toledo, OH 43617

800.210.5856

[www.glseminars.com](http://www.glseminars.com)

## AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. [www.flygrandrapids.org](http://www.flygrandrapids.org)

Many lodging options are available in and around the Grand Rapids area, including, but not limited to:

### Amway Grand Plaza Hotel

187 Monroe Ave. NW, Grand Rapids, MI 49503

616.774.2000

*0.9 miles west of Mary Free Bed*

### Holiday Inn

310 Pearl St. NW, Grand Rapids, MI 49504

616.235.7611

Downtown Grand Rapids at 131 and Pearl Street

*One mile northwest of Mary Free Bed*

### Downtown Courtyard By Marriott

11 Monroe Ave. NW, Grand Rapids, MI 49503

616.242.6000 or 800.321.2211

Downtown Grand Rapids at Fulton Street and Monroe Avenue

*One mile west of Mary Free Bed*

### Homewood Suites By Hilton

161 Ottawa Ave. NW, Grand Rapids, MI 49503

616.451.2300

*One mile northwest of Mary Free Bed*

### Hampton Inn & Suites - Downtown

433 Dudley Place NE, Grand Rapids, MI 49503

616.456.2000

*One mile north of Mary Free Bed*

### Holiday Inn Express Hotel & Suites

6569 Clay Ave. SW, Grand Rapids, MI 49548

616.871.9700

South of downtown Grand Rapids at 131 and 68th Street

*Nine miles south of Mary Free Bed*

### Springhill Suites By Marriott

450 Center Drive, Grand Rapids, MI 49544

616.785.1600 or 888.287.9400

[springhillsuites.marriott.com](http://springhillsuites.marriott.com)

1-96 and Alpine Avenue

*Five miles north of downtown Grand Rapids*

### Staybridge Suites By Holiday Inn

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512

616.464.3200

29th Street and Lake Eastbrook Boulevard

*Eight miles east of Mary Free Bed*

### Sleep Inn & Suites

4824 29th St. SE, Grand Rapids, MI 49512

616.975.9000

29th Street and East Paris Avenue

*Eight miles east of Mary Free Bed*

If you require special arrangements to fully participate in this workshop, please call 616.840.8292

